**Strategy Lesson Plan**

**Time: 30 min.**

**Co-Teachers:** Scott Higgins & Glenn Oslin

**Instructional Strategy:** Interpersonal

**TPA Approved Lesson Plan Template**

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| **Relevant MN or National Standards** | | |
| **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness. | | |
| **Desired Results** | | |
| **Co-Teaching: List the co-teaching style you’ll be using and why you have chosen this co-teaching method.**   * **Teaming –** each teacher contributes knowledge of flexibility, body composition, and designing a personal fitness plan. * **One Teach, One Assist –** As one teacher talks about developing a fitness plan, the other teacher will be assisting students in making sure they have all aspects of fitness covered in plan. | **Learning Objective: Key Understanding(s) you intend students to obtain:**   * How to properly stretch to increase flexibility. * Why body composition is important. * How to develop a fitness plan and how it will affect their healthy lifestyle. | |
| **Assessment Evidence** | | |
| **What do you want your students to know?**   * How to develop their own fitness plan * What body composition consists of   + Difference between body weight and body composition * How to stretch to stay flexible * How to navigate and properly use exrx.net for fitness evaluation | **What do you want students to be able to do?**   * Take someone’s body composition * Develop a personal fitness plan * Stretch properly to avoid injury and increase flexibility | |
| **Group Accountability (Formative Evaluation)**  **How will you check to see whether your class has met your learning objectives?**   * Frequent stops for questions * Evaluation of student fitness plan at end of class | **~~Individual Accountability (Sumative Evaluation)~~** | |
| **Learning Plan** | | |
| **What key vocabulary/language will students need to know to meet the learning objective?**  Students will need to recall previous vocabulary for fitness plan:  Duration, frequency, intensity | **How will you teach this key vocabulary to enable students to meet the learning objective?**  We will talk about these terms as we go through building the fitness plan. In addition, we have already talked multiple times in previous classes about all of the vocabulary that we will be using. | |
| **What is/are the Essential/Guiding Question(s) for this Lesson? (It should correlate to your learning objective.)**   * Why is it important to be able to incorporate flexibility into your fitness plan? * Why is it important to understand why body composition is more important than body weight? | **~~How will you differentiate for all the learners~~.** | |
| **Materials/Resources Required:**  I Pad  Pencil  Paper | | |
| **SCHEDULE OF ACTIVITIES** | | |
| **Method/Strategy**  (What will you do? What do you expect students to do? Include set induction and closing.) | | **Time Allotment** |
| Review of 3 Components of Fitness   * Cardiovascular Fitness * Muscle strength & Muscular Endurance | | 3 Minutes |
| Flexibility   * See list of stretches * Range of Motion * Review of static and dynamic stretching * Importance of Flexibility * Increased ROM * Injury Prevention * Decrease Low Back Pain | | 5 Minutes |
| Body Composition   * Review of what body composition is. * Review difference between weight and body composition * 3 Different ways to test body composition   + Calipers (show exrx.net example)   + Underwater Weighing   + Bod Pod     - <http://www.youtube.com/watch?v=pwGAdNXwZWg&feature=player_embedded>     - [www.exrx.net](http://www.exrx.net) | | 5 Minutes |
| Develop Fitness Plan   * With a partner, develop a personal fitness plan that includes 4 components of fitness. * Include duration, frequency, and intensity into your plan. * Be specific of what they are going to be doing each day. * Sample Walking Program (EXRX) | | 15 Minutes |
| Conclusion   * Questions * How confident are you that you have developed a quality fitness program that you can stick to? | | 2 Minutes |